

# How to Earn Your \$100 Wellness Incentive

**Start earning rewards for healthy living today!**

## Step 1: Create your Cerner Health account

Go to [healthyforlife.umsystem.edu](http://healthyforlife.umsystem.edu) to create your Cerner Health account. Cerner Health is a personal health platform that allows you to maintain a personal health record. Using your account, you will also gain access to the improved Healthy for Life program.

**1**

Health Programs

Healthy for Life

Healthy for Life ("the Program") is a wellness program that lets you take charge of your health. The program offers a variety of resources to help you achieve the best possible health and wellness outcomes through health evaluations, preventive care, physical activity, educational offerings, and tools to support your health and well-being. Subscribers to UM medical plans can earn \$100 in a health reimbursement account or health savings account simply by completing a health assessment and screenings.

Healthy for Life is sponsored by University of Missouri as part of the Total Rewards you receive as a University faculty or staff member. It is administered by Healthy for Life: T.E. Atkins UM Wellness Program, the UM Office of Faculty & Staff Benefits, and the Tiger Institute (a collaboration between UM and Cerner).

The sponsors of the program are responsible for the design and financial funding of the program. De-identified, group-level data from this project will be used for planning and reporting.

This program includes a screening, which is not for the purpose of providing medical diagnosis or treatment. However, if your health information identifies a serious, urgent health risk, Healthy for Life staff may contact you to alert you and suggest a course of action. Ranges and risk levels that may identify such risks are based on general wellness goals defined by the program, and have not been customized to your unique health status.

Sign in with your Cerner Health account to enroll

Cerner Health Programs uses your Cerner Health account to view and enroll in Healthy For Life. Use the link below to sign in with your Cerner Health account or to create a new account.

[Sign In with Cerner Health](#)

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**2**

CernerHealth

Home

Healthy for Life

**I Already Have an Account**

Sign into UM Wellness with your Cerner Health account.

Email or username

Password

Forgot Password?

[Sign In](#)

**I Need an Account**

Don't have a Cerner Health account? Enter your email address to get started.

Email

doj@umkc.edu

[Sign Up](#) Why Cerner Health?

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**3**

CernerHealth

Home

Create Your Cerner Health Account

Healthy for Life

First Name

Last Name

Email kindero@umkc.edu

Confirm Email

Date of Birth

Gender

Why do we need your birthday and gender?

Username

Your URL: <https://cernerhealth.com/username>

Password

Passwords must be at least six (6) characters long. [Learn more.](#)

Confirm Password

Security Question

What is the last name of your favorite te...

Answer

Ms. Henry

Enter both words below, separated by a space. If you cannot read the words, try different words or an audio option.

nsysho towards

reCAPTCHA

Cerner Health Consumer Terms of Use

Cerner Health is offered to you by Cerner Corporation ("Cerner"). Your use of Cerner Health is governed by these terms of use ("Terms"). If you do not agree to these terms of use, you may not establish or use a Cerner Health account. By using or accessing Cerner Health you agree to be bound by these Terms.

I agree to the Cerner Health Terms of Use and Privacy Policy.

[Create Account](#) [Cancel](#)

FAQ Terms of Use Privacy Policy Help Mobile

Welcome, Coryl Home Sign Out

**4**

Healthy for Life

By clicking Approve, UM Wellness can:

- Get my name, gender, and birthday.

[Approve](#) [Deny](#)

## Step 2: Join Healthy for Life

After creating your account, check the "I agree" box, enter your employee ID and click "Enroll in Program".

**Health Programs** Cerner Health Sign Out

Healthy For Life Jill Barksdale

**Program Agreement**

Your participation in this program is strictly voluntary. As a participant, you must complete your Personal Health Assessment and health screening, which includes a finger stick procedure and measurements, in order to receive your \$100 reward.

Always seek the advice of your physician or other qualified medical healthcare professional prior to starting any new program or treatment or with any questions you may have regarding a medical condition. Nothing contained in the program is intended to provide you with medical diagnosis or treatment or to be used by you for those purposes. You understand that you should never disregard medical advice from a healthcare professional or delay in seeking treatment based on the information received in the Program. If you think you may have a medical emergency, call your doctor immediately. The Program does not recommend or endorse any specific tests, physicians, products, procedures, opinions or other information that may be referenced as part of the Program. Reliance on any information provided by the Program is solely at your own risk.

Subject to the requirements of the Health Insurance Portability and Accountability Act (HIPAA) and its regulations, Healthy for Life, Tiger Institute, and Cerner HealthPlan Services operation team members will be able to access, view and use all information provided by you directly to them, but only as strictly necessary to perform their services in compliance with all applicable laws. By clicking on the "I Agree" button below, you consent to their access, viewing and use for the purpose of providing UM with de-identified, group level health information for planning and reporting purposes. You may be invited to participate in available health programs on the basis of your needs or requests, but you decide whether or not to participate.

I agree

In order for us to verify your identity, please enter your Employee ID.

Employee ID:

[Enroll in Program](#) [Cancel](#)

## Step 3: Visit the Healthy for Life Program Dashboard

Click on the "View your Dashboard" button **OR** click the "Dashboard" tab.

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Healthy For Life Jill Barksdale

[Dashboard](#) [Points](#) [Screening Summary](#) [Program Details](#)

**Getting Started**

Welcome to the Healthy For Life program!

To get you started, we've added some basic recommendations, mostly to help us collect important information about your health status. Here's what you need to do:

- 1 Go to the [dashboard](#) and complete your Personal Health Assessment, an online questionnaire that helps us better understand your potential risk areas.
- 2 Schedule and attend your Health Screening appointment.

As you provide more information through the steps above, we will add more personalized recommendations aimed at improving or maintaining your health status.

Let's get started... [View your Dashboard](#)

**Program Description**

Healthy for Life ("the Program") is a wellness program that lets you take charge of your health. The program offers a variety of resources to help you achieve the best possible health and wellness outcomes through health evaluations, preventive care, physical activity, educational offerings, and tools to support your health and well-being. Subscribers to UM medical plans can earn \$100 in a health reimbursement account or health savings account simply by completing a health assessment and screenings.

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## Step 4: Complete the Personal Health Assessment

Click on the "START" link on the dashboard page. The assessment takes approximately 15 minutes to complete.

Once complete, use the [Program Dashboard](#) button to navigate back to the Dashboard page.

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[Dashboard](#) [Points](#) [Screening Summary](#) [Program Details](#)

**Points Summary** [What are points?](#)

0

0 25 50 75 100

**Recommendations**

Recommendation Name	Actions	Earned Points	Possible Points
<b>Wellness Evaluation</b>			
<a href="#">Screenings (Labs &amp; Biometrics)</a> Added: October 14, 2011	<a href="#">SCHEDULE</a>	0	50
<a href="#">Personal Health Assessment</a> Added: October 14, 2011	<a href="#">START</a>	0	50

## Step 5: Complete the Health Screenings.

Begin by reviewing the details about the health screenings by clicking on the "Screenings (Lab & Biometrics)" link on the dashboard.

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Dashboard **Points** Screening Summary Program Details

**Points Summary** What are points?

0 / 100

**Recommendations**

Recommendation Name	Actions	Earned Points	Possible Points
Wellness Evaluation			
<b>Screenings (Labs &amp; Biometrics)</b> <small>Added: October 14, 2011</small>	SCHEDULE	0	50
Personal Health Assessment <small>Added: October 14, 2011</small>	START	0	50

- a) To schedule an appointment for a screening held at UMKC, click the "SCHEDULE" link on the Dashboard or Screenings page.

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Program Dashboard Help

**Screenings (Labs & Biometrics)** POINTS EARNED  
0 out of 50

**Actions:**

SCHEDULE

Screenings will be required for all who participate in Healthy For Life. The lab panel includes Total Cholesterol, Good Cholesterol (HDL), Bad Cholesterol (LDL), Triglycerides and Glucose. Screenings will include blood pressure, height, and weight. If you have had all of these screenings since July 1, 2011, you will have the option of using those results. Requirements are:

- Lipid profiles must have all the individual components (Total Cholesterol, LDL, HDL and Triglycerides) and a fasting or non-fasting Glucose.
- Biometrics must include: blood pressure, height, and weight

Results must include each of the screening values listed above. Results must be a printed copy from a reference lab (e.g. Quest/LabCorp) or delivered on your provider's signed letterhead with the date of screening. If you have a complete set of results, fax or email those to the Health Advisor by April 30, 2012. Preferred method is fax via 616-448-2118; alternatively you can email them to [advisor@healthexchange.com](mailto:advisor@healthexchange.com). If you only have partial values and not the complete set of results, just bring a copy of those with you to the health screening appointment that you schedule; alternately contact UM Wellness at 573-884-1312 or <http://www.wellness.umsystem.edu> to set up a time to collect the missing measurements.

- b) Select a location from the drop-down menu, select a date and appointment time using the calendar, then click the "Confirm" button.

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Program Dashboard Help

**Schedule Appointment**

**Screenings (Labs & Biometrics)**

Select Location  
Kansas City Hospital Hill-Swinney Recreation Complex Annex

Select Date and Time  
December 2011  
Wednesday, December 14, 2011  
All times are in CST  
10:20 AM

**Confirm Appointment**  
Kansas City Hospital Hill-Swinney Recreation Complex Annex  
Wednesday, December 14, 2011  
10:20 AM (CST)

Confirm

**Follow these steps**

- Select an appointment location.
- Select a date and time for your appointment.  
*Available appointment times display once you select a date.*
- Confirm your appointment selection.

- c) Review the bulleted list of instructions. (Optional: Add the Appointment to your Outlook Calendar)

Once complete, use the button to navigate back to the Dashboard page.



**Healthy For Life** Cory Kinder

[Program Dashboard](#) [Help](#)

### Schedule Appointment

**Screenings (Labs & Biometrics)**  
Appointment successfully scheduled!

Appointment:  
Kansas City Hospital Hill-Swinney Recreation Complex Annex  
Room 115  
Wednesday, December 14, 2011  
10:40 a.m. (CST)

[Add to your Calendar](#)

- If your appointment is before 12:00 p.m., please fast (nothing to eat or drink), except for WATER, 9 hours prior to your finger-stick. If pregnant, please only fast for 6 hours. Drink at least 64 oz. of water the day prior to your finger-stick to help facilitate a successful visit.
- Take all of your routine medications as prescribed.
- Please continue any routine medication.
- It is important that you arrive on time and that you bring your Coventry Card.
- Please reschedule if you cannot attend your scheduled appointment.

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- d) You can then view, cancel or reschedule your screenings appointment from the Dashboard page.

[Dashboard](#) [Points](#) [Screening Summary](#) [Program Details](#) [Help](#)

### Points Summary What are points?

0 / 100

Recommendation Name	Actions	Earned Points	Possible Points
<b>Wellness Evaluation</b>			
Screenings (Labs & Biometrics) <small>Added: October 17, 2011</small>	RESCHEDULE   CANCEL   VIEW	0	50
Personal Health Assessment <small>Added: October 17, 2011</small>	START	0	50

- e) It is important to note that the Screening requirement is not 'complete' until your results are uploaded to your account. Some employees may have previously completed their screening at the UMKC Flu Shot/Health Screening Fairs on October 5 & 6<sup>th</sup>. Results from those screenings should have been uploaded to your account upon exiting the fair. If not, please refer back to the information located at the "Screenings (Lab & Biometrics)" link on the dashboard.

Results from previous screenings (completed post July 1, 2011), may be used to meet the screening requirement, to upload results from a previous screening, refer back to the information located at the "Screenings (Lab & Biometrics)" link on the dashboard.

**Once you have completed both the Personal Health Assessment and the Screenings, you will receive 100 points in your Health for Life program account.** These 100 points will translate into \$100 deposited into your HRA (if enrolled in the myChoice plan) or HSA (if enrolled in the myOptions) plan. In order to receive the \$100 incentive, both the Personal Health Assessment and the Screenings must be completed by April 30, 2012.

The \$100 incentive will be placed in your HRA or HSA 30 days after you complete your Personal Health Assessment and Screenings, but not before January 31, 2012.